



Greater Miami *Cold Lunches*

FLIPANY Summer Lunch Menu



CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chocolate Milk 1% (8fl.oz) Turkey and Cheese Cuban Hoagie Sandwich 100% Fruit Blend Juice (4 oz.) Fresh Apple (1/2 cup) Cuban Bread Hoagie Roll (1.8 oz./50 g.) Mustard/Mayonnaise (1 pkg. ea.)	Strawberry Milk 1% (8fl.oz) Medianoche (2 ¼ oz turkey Ham & ½ oz. Swiss cheese) 100% Apple Juice (4 oz.) Fruit Mix Cup (1/2 cup) Medianoche Sub (1.8 oz. / 50 g) Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Seasoned Grilled Chicken Breast (2 ½ oz. chicken) 100% Pineapple Juice (4 oz.) Fresh Pear (1/2 cup) Hamburger Bun (1.8 oz./50 g) Ketchup / Mayonnaise (1 pkg. each)	Strawberry Milk 1% (8fl.oz) Turkey Ham and Cheese Sub Sandwich 100% Fruit Juice Blend (4 oz.) Mandarin Orange Cup (1/2 cup) Whole Wheat Sub Roll (1.8 oz./50 gm.) Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Mini Deli Turkey & Mini American Cheese (2 ½ oz. Deli Turkey & ½ oz. Cheese) 100% Apple Juice (4 oz.) Pineapple Tidbits (1/2 cup) Wheat Crackers (1 oz.) Mustard / Mayonnaise (1 pkg. ea.)
2	Chocolate Milk 1% (8fl.oz) Mini Turkey Ham & American Cheese (2 ¼ oz. Turkey Ham & ½ oz. American Cheese) 100% Apple Juice (4 oz.) Baby Carrots (COLD) (½ c) Wheat Crackers (1 oz.) Mustard / Mayonnaise (1 pkg. ea.)	Strawberry Milk 1% (8fl.oz) Turkey & Cheese Sandwich 100% Pineapple Juice (4 oz.) Fresh Orange (1/2 c.) Wheat Hamburger Bun (1.8 oz. / 50 g.) Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Chicken Chunk Wrap (2 ¼ oz. Chicken Breast Chunk) Fruit Mix Cup (4 oz.) 100% Apple Juice (1/2 c.) 10" Flour Tortilla (1.8 oz./ 50 g.) Ketchup (1 pkg.)	Strawberry Milk 1% (8fl.oz) Deli Turkey & Cheese Cuban Hoagie 100% Berry Blend Juice (1/2 c. or 4 fl. oz.) Fresh Orange (1/2 c.) Cuban Bread Hoagie Roll 6" (1.8 oz./ 50 g.) Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Latin Hoagie Sandwich) 100% Apple Juice (4 oz.) Fresh Cantaloupe (1/4 c.) Midnight Sub Roll 6" (1.8 oz./ 50 g.) Mustard/Mayonnaise (1 pkg. ea.)
3	Chocolate Milk 1% (8fl.oz) Latin Hoagie Sandwich (Turkey Ham 1 ¼ oz., Turkey 1 oz., American White Cheese ½ oz.) T 100% Fruit Juice Blend (4 oz.) Pineapple Tidbit Cup (1/2 cup) Midnight Sub Roll (1.8 oz./50 g.) Mustard/Mayonnaise (1 pkg. ea.)	Strawberry Milk 1% (8fl.oz) Chicken Salad On White Bread (3 oz. chicken Salad) 100% Blend Juice (4 oz.) Fresh Apple (1/2 cup) White Bread Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Mini Deli Turkey & Mini American Cheese (2 ½ oz. Deli Turkey & ½ oz. Cheese) 100 % Apple Juice (4 oz.) Shredded Carrots (1/2 cup) PACK W/ Turk & Chas Wheat Crackers (1 oz.) Mustard/Mayonnaise (1 pkg. ea.)	Strawberry Milk 1% (8fl.oz) Deli Turkey & American Cheese (2 ½ oz. Deli Turkey & ½ oz. Cheese) 100% Orange/Tangerine Juice (4 oz.) Fruit Mix Cup (1/2 cup) Wheat Sub Roll 6" (1.8 oz./50 g) Mustard/Mayonnaise (1 pkg. ea.)	Chocolate Milk 1% (8fl.oz) Turkey Ham & White American Cheese on Hoagie (2 ¼ oz. Turkey Ham & ½ oz. Cheese) 100% Grape Juice (4 oz.) Fresh Banana (1/2 cup) Hamburger Bun (1.8 oz./ 50 g.) Mustard/Mayonnaise (1 pkg. ea.)